

Applied Behavioral Analysis: What to expect

Applied Behavior Analysis (ABA) Therapy is a series of tools and teaching methods with scientifically-backed results in improving communication, interaction and desired behaviors. It is an intensive process that will involve the entire family/caregivers and a team of supporters.

ABA Therapy is not a pre-set guide that is applied the same way to each consumer. Each individual is treated uniquely, since different people respond to the exact same instruction and stimuli differently.

Factors that play a role in determining a treatment plan include but are not limited to:

- current skill set
- needs
- interests/preferences
- family/residential situation.

A well-designed ABA Therapy treatment plan will include:

- Direction and planning by a trained and certified behavior professional.
- Goal-setting based on the factors listed above.
- Short and long term goals focused on maximizing independence.
- Instruction plans that separate specific skills into manageable tasks that build toward larger and more complex tasks.
- Objective measurement of progress with graphic displays
- Ongoing adjustment by the behavioral therapist to adapt to the learner's needs.
- Frequent communication with the family/caregivers to review progress, plan for upcoming needs, and discuss changes in the treatment plan.¹

¹ Based on: <http://www.roi-mi.com/aba-therapy-applied-behavior-analysis/>

Finding A Behavior Consultant

- **Where can you find a local Board Certified Behavior Consultant (a BCBA)?**
 - **On the Behavior Analyst Certification Board website:**
www.BACB.com
 - **Or Call: 1-720-438-4321**
 - **Or Email: info@bacb.com**

If you have further questions, please contact me by phone or email.

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